



# WASHINGTON BIATHLON ASSOCIATION

PRESENTS

2010

## Biathlon Training Clinic

FOR THOSE NEW TO THE SPORT

DUE TO RANGE SIZE THIS CLASS IS LIMITED TO 20 PARTICIPANTS. PLEASE REGISTER BY MAIL OR CONTACT BOB VALLOR IF YOU PLAN TO ATTEND.

**January 9<sup>th</sup>, 2010**

at the

**Stevens Pass Nordic Center**

**[www.wabiathlon.org](http://www.wabiathlon.org)**

**Washington Biathlon Association**  
**Biathlon Training Clinic Entry Form**  
January 9th, 2010

(Please print clearly)

NAME \_\_\_\_\_ DOB/AGE \_\_\_\_\_ / \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-MAIL \_\_\_\_\_

Due to insurance coverage regulations, membership in the United States Biathlon Association is required for all participants. Annual (\$50) and day (\$10) memberships will be available at the site.

CLINIC FEE \$25 (15 for clinic, \$10 day USBA membership) \$ \_\_\_\_\_

WBA Members \$5/day Discount (Join the WBA... it pays!) -\$ \_\_\_\_\_ (To join WBA, please fill

WBA Membership (Optional - \$25/year Nov.1 to Oct. 31) \$ \_\_\_\_\_ out an application form)

USBA Membership Fee (see above), or provide your USBA Member# \$ \_\_\_\_\_ USBA# \_\_\_\_\_  
(Must show USBA card)

TOTAL ENCLOSED \$ \_\_\_\_\_

Please make checks payable to:

**Washington Biathlon Association**

Please Circle:

Male

Female

PO Box 1716

Issaquah, WA 98027-0069

(Note: We are not able/equipped to take credit or debit cards.)

Event Cancellation: Biathlon races are almost NEVER cancelled. We race in ALL types of weather. The clinic will be held unless the weather hampers instruction to the point that it is not effective. Dress in layers for tough weather.

**Season Points**

For the 2009-2010 Washington Biathlon Association Biathlon Season, the International Biathlon Union race points system will be in effect. Points a racer receives from each of the seven races will be totaled at the end of the March races, with the poorest result thrown out and the male and female biathletes with the most points will be named WASHINGTON CUP 2010 Biathlon Champions. See [www.wabiathlon.org](http://www.wabiathlon.org) for more information.

**WASHINGTON BIATHLON ASSOCIATION 2010 Season Release of Liability**

I recognize that biathlon, cross country skiing, running and rifle marksmanship can be hazardous sports. I acknowledge there are risks and hazards associated with involvement in the Washington Biathlon Association. The risks can include, but are not limited to, damage to property, physical injury and death. I state that I am, and those minors that I sign for are in proper physical condition to participate in strenuous activity. I acknowledge and accept the risks associated with shooting, skiing and running and I agree to release and hold harmless all members, organizers, sponsors and officers of the Washington Biathlon Association, New Stevens LLC, The Stevens Pass Nordic Center and the U.S. Forest Service and all members of the staff of any venue sites involved in biathlon training, practice, or competition from any liability for any and all accidents or injuries of whatever nature, connected to or arising from or coming to or from any association function, workout or other event. I recognize that Biathlon involves the use of firearms and I certify that I am not disabled or barred from using or possessing firearms by any state or federal law or by ruling of any court. A parent or legal guardian must sign the release of liability for all participants under the age of eighteen.

Signature \_\_\_\_\_ Date \_\_\_\_\_

For (minor under eighteen) name \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## **EVENT PARTICULARS:**

**Clinic Site:** The Stevens Pass Nordic Center is located on U.S. Hwy 2, five miles east of the summit of Stevens Pass. The Biathlon Range is a 3km ski from the Nordic Center. Do not buy a trail pass at the Nordic Center, it is covered in your entry fee.

**Eligibility:** This event is designed for those new to Biathlon and those interested in a basic refresher. It includes the mandatory safety class as well as training in range procedures, race strategy and marksmanship. It is not intended for experienced Biathletes

**Volunteers/Instructors:** Instructors will be experienced biathletes from the Washington Biathlon Association, including athletes who have competed nationally and in Canada. For more information please contact Clinic Director Bob Vallor at (425) 427-8841 or bob.vallor@wabiathlon.org.

**Safety Certification:** The Mandatory U.S. Biathlon Association safety certification course will be given with this clinic. If you have already taken the safety course you are encouraged to go again, as there have been some rule changes in recent seasons.

### **Clinic Day Format and Schedule**

8:30 to 9:00 am: On site registration at the Range (pre-registering by mail is also available and encouraged).

We cannot accept credit or debit cards. Make checks out to Washington Biathlon Association

9:00 to 10:00 am: USBA Safety Clinic

10:00 to 10:30 am: Ski to the Range

10:30 to 12:00 noon: Rifle familiarization and zeroing

12:00 to 1:00 pm: Lunch and discussion

1:00 to 3:00 pm: Range procedures, positions and race tactics

3:00 to 3:30 pm: Short 'fun' race

3:30 to 4:00 pm: Range equipment breakdown

**When to Arrive at the Range:** Early arrival at the range is encouraged as help with range and course set-up that will be needed prior to the clinic. Please do your part and help with set-up before the event and break-down afterward.

**Rifles:** Rifles will be available for those without their own. These are Izhmash Bi 7-4 and Bi 7-3 biathlon rifles.

**Lodging:** With a few exceptions the nearest lodging is in Leavenworth, 30 miles east of the Nordic Center. Leavenworth offers numerous choices and varied rates. Check on line at [www.leavenworth.org](http://www.leavenworth.org).

**WASHINGTON CUP SERIES** Beginning December 28<sup>th</sup> 2009 with a race sponsored by Methow Valley Biathlon, in Mazama and then three weekends of racing at Stevens Pass Nordic, the WBA will host the Biathlon Race Series, seven races of varying length and format. The International Biathlon Union season points system will be in effect and racer points will be totaled to determine the state champions as well as a ranking list. Join MVB December 28<sup>th</sup> and the WBA January 23<sup>rd</sup> and 24<sup>th</sup>, February 6<sup>th</sup> and 7<sup>th</sup> and March 6<sup>th</sup> and 7<sup>th</sup> for exciting Biathlon competitions

# Biathlon Etiquette

## Course and Racing

When on the course during a race, warming up or cooling down, always use courtesy and follow the rules of competition. When someone calls "track" or "on your left" move to the side and let them by. You are not required to get completely off the trail, just give them room to get by. In some areas it is not required that you yield track (the finish and the handover zone in a relay race), but if you are not moving quickly and/or not in competition with the person calling "track", it is appropriate to yield even in those areas that do not require it. If you do not audibly call "track", do not expect someone to move aside simply because you are behind them. It is your responsibility to know the course. Make sure you get your questions answered at pre-race meetings. Know what laps you must or run and what order they are in. Do not ask course, penalty loop or range officials where you go next. It is not likely they will know what lap you're on or where you need to go. You must know this before you begin to race. If you go off course, you must run back to where you went off course and continue. You cannot ask for, or receive, special dispensation for having run the wrong, or longer loops. Even though you might have run the correct distance, you cannot run the loops in the wrong order.

Do not discard items in the trail and do not ask the Course Officials to take or be responsible for any equipment you discard off the trail or loop. If you must discard something, try to do so as you enter the range near your pile of gear so you can find it later.

## Range

The Chief of Range is in charge of safety and function. Their primary job is to observe and immediately correct any and all safety violations on the range. Some safety violations are grounds for disqualification. Under the rules and terms of insurance there isn't room for giving you a break. It is not appropriate to ask for one or to argue with the Chief of Range at any time. The Range falls in the official 'silent zone' (From 10 meters before the entry to 10 meters past the exit). During a race it is a rules violation for anyone to give you assistance or advice in that zone. Do not ask other racers, spectators or officials for information on your shooting, how you're doing, where you go next, etc.

It is your responsibility to select a lane with a target that has been reset and has its reset bar flag visible below the target. Only when you are held up by an official, or directed to a lane that is not ready for use, are you allowed a time credit. You must call "Alibi" to get a clock put on your delay. It is your responsibility to note how many targets you have left standing as you leave the shooting point. As racers are coming into the range, targets must be reset quickly. Range officials cannot be asked or expected to wait to reset your target until after you've left the range area. There just isn't time with new racers coming in to shoot.

## Penalty Loop

The penalty loop is a fairly condensed and narrow lane of travel. Before the race, make sure you are familiar with how to enter and exit the loop. The Controllers cannot tell you how many loops you owe and are preoccupied with keeping track of the movement of many other racers. Do not block the trail, yield when you hear someone call "track" or "on your left". Do not discard items in the penalty loop and do not ask the Controllers to take or be responsible for any equipment you discard off of the loop.

## Pre Race Zero

Zero lanes will be assigned immediately prior to zero and posted on the bulletin boards near the range. Unless you are assigned an individual lane, assume that you are sharing a lane to zero with others. Get in, get your shots off and then get off the mat and let someone else use the lane. You can get some running in and come back when the other competitor gets their time in. Alternate. Be sure to confer with those zeroing on the same lane as to which paper targets each of you will use. Move through the range at zeroing just as you would during a race. One 5 shot magazine only, then get off the mat to make way for the next person. One way traffic only. Do not linger in the running lane; do not leave equipment in the way. Competitors will be coming in with elevated heart rates, ready to shoot. If you are on the mat, they cannot get their shots in while their heart rate is still up, giving them a less effective zero. No zeroing scopes are allowed at the shooting point, on the mat or in the running lane. They are only allowed behind it. Coordinate with another racer to assist you at the scope, or simply go to the scope after firing your 5 rounds. (Note that it is ineffective to have someone "call" your shots...) that just makes you "shade" and will negatively impact your zero.) If using a club scope, understand that it is there to be shared. Do not use a privately owned scope without clear permission from the owner. This is common courtesy. ASK before using. Do not ask a range official to give you permission to use someone's personal scope, or any other personal equipment.

## Equipment

This may be one of the most significant areas of etiquette. Do not touch, pick up, or use the personal equipment of another biathlete, especially a rifle. This can lead to a sharp rebuke, as many biathletes are very particular about their equipment, they have made a significant investment in it. Rifles in particular have many personalized adjustments that can be moved out of alignment. If you are using club equipment, obtain permission to use it and do not modify it in any way without permission of the Chief of Range or the Chief of Competition. This goes double if you are borrowing someone else's personal rifle. If you borrow equipment and make adjustments to it (only with permission) do your best to return it to the condition it was in when you got it. This is especially significant when it comes to stock length spacers, weights and magazines.

## Set-Up and Break-Down

Biathlon Races are organized and staged by volunteers. You are not bound by any laws to help set up the range, course, rifle racks and all the other necessary items to have a race, or to stay after to help take it all down. But, if you don't, more work is put on others. You may not think others notice your failure to pitch in, but they do. Common courtesy dictates that all who participate in races should plan to arrive early enough to help with set-up, and arrange their schedules to make it possible to stick around at the end to help break-down. No one wants to set-up and break down for those who always have a "good excuse" and do not help. This behavior will cause the workhorse volunteers to get fed up and quit, and then no one will get to race.